



On the web at www.wichitafalltx.gov & on facebook at 50 Plus Zone of WF

****All Members MUST Scan in at the computer in the Social Room****

Issue 234

City of Wichita Falls Parks & Recreation

August 2017

AUGUST BIRTHDAY PARTY & BRUNCH August 1st at 10:30 am

**Program Topic: "Texas
Star Plus" Presented By:
Shelly Bailey Outreach
Counselor**

**Menu: Bacon, Onion &
Cheese Breakfast
Casserole, Fresh
Fruit salad (Sponsored
by Kindred). Cake
Sponsored by: Brookdale
Senior Living Midwestern
Parkway**



Texas Hold'em Special Tournament Wed. Aug. 9th 12 - 4pm

Cost \$3 per player
& bring side dish or dessert
50+ Zone will provide fried chicken
brisket & drinks
Lunch: 12:00 noon
Tournament Play: 1pm
Prizes for top 5 players
Sign up at Zone Desk by 8/7



August 14th-18th The Flooring in the
Recreation Center Hallways is Being
Replaced. Some Activities and Classes
May be Moved or Cancelled- Please
Check 50 Plus Zone Facebook and
the Zone for Info



FRIDAYS at the Movies



1:30 & 5:00 pm

August 4th

"The Promise" (2016)

Rated PG-13 -2 hrs. 14 min.

August 11th

"The Zookeeper's Wife"
(2017)

Rated-PG-13 -2 hr. 6 min.

August 18th

"Going in Style" (2017)

Rated PG-13 -1 hr. 36 min

August 25th

"Gifted" (2017)

Rated PG-13 -1hr. 41 min



FREE Bridge Lessons Mondays

1:00 pm Room 212

Minimum of 4 Students

Instructor: Martin Blecha



United Regional 55 Advantage

Tuesday, August 8, 2017

MPEC - West Entrance

4:00 p.m. to 5:00 pm - dinner served

5:00 p.m. to 6:00 p.m. - program

Speaker - Dr. Erin Shiner,
Rheumatologist

Cost \$4.00 for members or \$8.00 non-
members

For more information or to join contact
Karen at (940) 764-7933

Fitness Classes

Classes Held in Room 201

"Walking Workout"

8:00 & 8:30 am Mon-Fri

"Morning Workout"

9-10 am Mon-Fri

"Zumba" 10 am Mon & Wed

"Balance & Stretch" 10am on Thurs

"Beginner Step-K.I.S.S."

10 am Tues & Fri

Chair Exercise Classes

(Held in Room 208B-Movie Room)

"Chair Yoga" 9am Mon, Wed, Fri

"Chair Pilates" 9am Tues & Thurs

"Balance & Posture" 2:30 pm-

Monday-Thursday

"Stronger Seniors"

10:30am Mon-Fri & 2:30pm Mon-Thurs

Evening Fitness Classes

"Evening Workout"

5:15 pm Room 208B Mon-Thurs

COMMUNITY CLASSROOM:

Friday, August 18th - 3:15 pm

50 + Zone Ballroom 216

Topic: "How to Manage Chronic Illness"

Presented by: Angel Care Home Health

BINGO at the Zone Cash Bingo

**Fridays
2:00 pm**

FREE! PRIZE



TUESDAY SPONSORS:

August 1st and 15th;
BEST CARE HOME HEALTH

August 9th & August 23rd

Hospice Of WF & Senior Care Health & Rehab

Tues August 30th: Horizon Bay

FRIDAY Sponsors:

Aug. 4th: Advanced Rehab Center

Aug. 11th: Sheridan Medical Lodge,

Aug. 18th: Ameri Group

August 25th: Midwestern Healthcare Center

Balance & Posture

Having Balance & Fall Problems?

We have a NEW Chair Exercise Class

Just for you!! Now Offered 4 DAYS A WEEK!

Mon thru Thurs at 2:30 pm in the

Zone Movie Room (208B)

**Thursday Night Line Dance
is Back! 4:30-5:30 pm in the
Zone Ballroom**



**COME CHECK OUT OUR
EXPANDED
COLLECTION!!!** The Zone
NOW had over 800 CDGs
and 60 laser DISCS!!

Mondays 1:00 – 4:00 pm

Tuesdays 3:00-5:00pm

Thursdays 1:30 – 4:00